



## HIPAA Planning and Implementation At ISDH Is Moving Ahead on Schedule

HIPAA, short for the federal Health Insurance Portability and Accountability Act, is alive and well and moving toward implementation in Indiana, according to Chris Mickens, director of External Information Services (EIS) at the Indiana State Department of Health.

In Indiana, HIPAA's full implementation will mean that health care professionals identified as covered entities will need to comply with HIPAA requirements.

The federal Center for Medicaid and Medicare Services (CMS) conducted HIPAA training in interactive environments for an array of health care professionals on September 18 and 19 in Indianapolis and on September 23 in South Bend. A fourth training session will be held on September 26 in Evansville.

The training sessions address HIPAA rules on transaction and code sets, privacy, security, and implementation strategies.

The training on September 23 and 26 was designed for health care professionals at the local and county levels comprising rural health providers, local health departments, community based clinics, local hospitals, and rural



**STATEWIDE ATTENDEES** fill conference hall to capacity while listening to CMS HIPAA presentation, September 18. The State Department of Health HIPAA Workgroup assisted in presentation at this two-day event.

*Photo by Daniel Axler*

clinics. The training on September 18 and 19 was geared toward larger private providers, like hospitals, large group practices, and HMOs.

The HIPAA Transaction Code Sets (TCS) requirements must be fully implemented by October 16, 2002, or a request for a one year extension must be filed by October 15, 2002. An extension would advance the transaction and code sets implementation deadline to October 16, 2003.

Mickens says that the majority of the health care industry, along with the ISDH, will be filing for the extension. "Much has been done, but there is much yet to be done," Mickens said.

All covered entities under HIPAA must also meet a deadline for implementing privacy proto-

cols by April 14, 2003, according to Mickens.

One of HIPAA's advantages will make claims processing more efficient industry wide. According to Mickens, up to now, an array of customized codes and lack of communication protocols have interfered with the ability to decrease costs in the administration of health care.

Efficiency under HIPAA will be produced by standardizing data formatting, which encourages widespread use of electronic data interchange in the health care industry.

HIPAA rules help ensure clear communication through the use of a single standard—especially important whenever a patient's records are viewed by more than the initiating health care provider.

Under HIPAA's privacy rules, the health care industry will develop privacy policies and procedures on: how patient data is handled within an organization and how it is communicated to patients; how access and use of this protected health information takes place; how the workforce will be trained; and how the training will be documented.

HIPAA requirements also call for the appointment of a privacy officer who is responsible for ensuring the workforce is compli-

ant with HIPAA privacy rules. Privacy policies will define the covered entity's response to alleged breaches in privacy—how the allegations will be investigated, what sanctions will apply in a positive finding, how sanctions will be enforced, and how all of the above will be documented.

Mickens thinks that any misgivings about HIPAA will be minimized by the efficiency and cost savings produced by standardization. HIPAA will diminish the need for labor intensive manual processes and provides greater clarity and speed in the processing of claims as well as the ability to administer health care.

Mickens says the abundance of information available on the Internet, together with documents shared by workgroups and other state agencies, has assisted in ISDH's HIPAA efforts.

Each covered entity's privacy protocols must provide a map to its patients on how information

about the patient will be used.

Patient rights under the privacy rule will also include the right to know of disclosures outside of payment, treatment, or health care operational use.

Asked about ISDH's recent HIPAA progress, Mickens said the agency has accomplished the following for programs impacted:

- completed drafts of Notices of Privacy Practices for all ISDH programs impacted by HIPAA;
- developed HIPAA language for contracts with business associates (vendors and contractors);
- participated (ongoing) as member of State Privacy Workgroup (ISDH provided draft templates, policies, procedures, and draft authorization forms);
- shared legal expertise (ongoing) with other agency attorneys in state's HIPAA Legal

Workgroup that is chaired by the Governor's Office;

- collaborated (ongoing) with other state agencies on the development of security measures to protect the confidentiality of patient records;
- shared development information with other state agencies;
- participated (ongoing) on the state's HIPAA Project Management Office and on the Executive Steering Committee comprised of State Health Commissioner Greg Wilson, M.D. and other state agency heads;

Mickens says in January 2002 ISDH began development of a system to meet the requirements of HIPAA TCS. Testing on the eligibility and provider modules of the system will begin in October with the Children's Special Health Care Services program, according to Mickens.

## National Prostate Cancer Prevention Study Recruiting Volunteers at Five Indiana Sites

The largest-ever prostate cancer prevention trial, "SELECT," is being offered in five sites in Indiana.

The Selenium and Vitamin E Cancer Prevention Trial, SELECT, is testing selenium and vitamin E to see if these supplements may prevent prostate cancer. The National Cancer Institute of the National Institutes of Health is conducting the study.

Previous studies suggest that vitamin E may reduce the risk of developing prostate cancer by 60 percent and selenium may reduce the risk of developing prostate cancer by 30 percent. But only a large clinical trial like SELECT can confirm those initial findings.

Recruitment for SELECT began in 2001, and is scheduled to continue for up to four more years. Nearly 14,000 men at 435 centers throughout the U.S., six Canadian provinces, and Puerto Rico are taking part in the trial right now. SELECT hope to enroll a total of 32,400 men over the five-year period.

Prostate cancer is the most common cancer in men and is the second-highest cause of cancer death in men in the U.S. This year, nearly 190,000 men will be diagnosed with

prostate cancer and more than 30,000 men are expected to die of prostate cancer nationwide. In Indiana, 3,303 men were diagnosed with prostate cancer and 657 men died of prostate cancer in 2000, the latest year for which data is available.

So far, 185 men are taking part in SELECT at one of its five Indiana sites:

- Indiana University School of Medicine, Indianapolis, 317-630-8913;
- Oncology Hematology Associates, Inc., Indianapolis, 317-594-6900, x 244;
- Methodist Cancer Center/Clarian Health Partners, Indianapolis, 317-962-6597;
- Oncology Institute of Greater Lafayette/Home Hospital, Lafayette, 765-448-7539; and
- Northern Indiana Cancer Research Consortium, South Bend, 574-284-7183.

For more information on volunteering for SELECT, contact one of the five sites or call 1-800-4-CANCER.



# Multi-Agency Indiana Trails Study Cites Health Related Benefits

The Indiana Trails Study may be a boon to local planning groups that are seeking relevant information about the impact of recreational trails in urban and suburban areas of Indiana.

Casey McIntire, Governor's Council for Physical Fitness and Sports at ISDH, used the study's findings to illuminate health benefits of trail use in a June presentation to the Trails and Greenways section of the Indiana Parks and Recreation Association, which represents managers of public parks located throughout Indiana.

McIntire says that the summaries of health statistics and user attitudes found in the Trails Study support some of the most convincing reasons for building and maintaining public trails in Indiana.

He states that a vast majority of trail users think of trails as a personal asset to increase exercise and physical activity. He views trail availability as especially important now when Indiana public health officials are grappling with how to motivate people to exercise when an increasing percentage of the population is joining the ranks of the obese and overweight.

McIntire participated on the Indiana Trails Study Group, which guided the design and development of the study. He helped fashion health related questions for inclusion on survey questionnaires from which data was tabulated.

Separate questionnaires elicited responses from trail users and trail neighbors living near the six established Indiana trails studied in the report. Tabulated responses were used to assemble charts and graphs with descriptive narrative for six separate trail studies and for a Summary Report, which provided a comparative overview of the results of the individual studies.

The study examined trails in Ft. Wayne, Goshen, Greenfield, Indianapolis, Muncie, and Portage.

McIntire says that the most significant health related fact identified in the Trails Study is that people using the trails say that they have increased their physical activity as a result of the presence of the trails. Between 56 and 79 percent of the users of the six trails identify "health/



Monon Trail photos courtesy Ray Irvin, Indy Greenways

exercise," as the most important reason for trail use. Recreation was identified by between 19 to 39 percent as their top choice. A small percentage in several of the studies also identified "commuting" as the top reason for using a trail.

Each of the six studies examines an array of issues like the average amount of weekly time (100-200 minutes) spent on one of the six trails, the percentage of users viewing the trail as safe (79 to 95 percent), and an array of graphs of use data, measured at a set trail point, 24/7 for two months. Highest single hourly usage was 675 on the Monon trail, with monthly usage of the six trails ranging from 5,200 to 55,000 events.

Separate surveys were also conducted with residents living along or near the trail. Neighbors were asked their opinion of how the trail affected both real estate values and crime in the areas of their homes. Answers to both questions reflected general belief that a trail either enhanced or neutrally affected the value of their properties and that crime was actually less or neutral, with the exception of Greenfield.

The study was completed in November 2001 by the Eppley Institute for Parks and Public Lands at the School of Health, Physical Education, and Recreation at I.U. Bloomington.

Besides McIntire, who represented ISDH from the Governor's Council on Physical Fitness and Sports, the Indiana Trails Study Group also included representatives from the following agencies: Indiana Department of Commerce, Indiana Department of Natural Resources, Indiana Department of Transportation, and the National Park Service's Rivers, Trails, and Conservation Assistance Program.

The complete Indiana Trails Study is available at the Indiana University Eppley Web site: [www.eppley.org](http://www.eppley.org). The study includes six separate 79-page trail studies and the Summary Report.

McIntire is available to speak to local groups about the Indiana Trails Study findings and specifically on the health and fitness benefits of trail use. He can be reached at 317-233-7671, or by e-mail at [cmcintire@isdh.state.in.us](mailto:cmcintire@isdh.state.in.us).



# Walk to School Day Is Coming To Indianapolis October 2



**STUDENTS, PARENTS, AND VOLUNTEERS OBSERVE WALK TO SCHOOL DAY 2000** with a walk along the Pleasant Run trail in Indianapolis. Walk to School Day is designed to encourage safe walking to school every day to set early habit patterns and create awareness among parents, teachers, and public officials of the health benefits of integrating physical activity into routine daily life activity.

*Photo courtesy of Indy Greenways*

Walk to School Day is set for October 2 in Indianapolis. Casey McIntire, Governor's Council for Physical Fitness and Sports has participated in the planning of the Indianapolis event and will be on hand to observe this year's activity. The event in Indianapolis will focus on the participation of Indianapolis Public School #48 students, teachers, parents and other volunteers. The school is located at 34th and Central in Indianapolis. The school already has a high percentage of students who walk. For those that don't, some barriers to walking include several unsafe street crossings.

The city will come in and paint some crosswalks. Some of the classes will go out and help clean up their neighborhood walking routes to school.

Following Walk to School Day, McIntire says that students may be involved in letter writing campaigns and communicate to their city councilman recommendations for safety features in response to any unsafe conditions they observe on their walk. McIntire says suggestion might include new signed or lighted crosswalks.

"Both before and on the day of the event, uniformed policemen will perform some speed control work in the neighborhood of the school," McIntire said, "to help remind motorists that school is back in session again and to communicate the importance of observing the 25 m.p.h. speed limit during school hours."

This year, Walk to School Day will

serve as the nucleus of activity starting a week before October 2 and will run for another week following the event, according to McIntire.

He said, "We're trying to get the principal and teachers involved so they can use (the special day) as a springboard to change some environmental conditions in the neighborhoods near the schools."

"The idea will be to make a walk to school safer and more accessible for the children," McIntire said.

McIntire is joined in his efforts with participation by the Indiana Department of Environmental Management which hopes to reduce motor

vehicle emissions and air pollutants by encouraging walking. The Indiana Safe Kids Coalition, and Riley Children's Hospital are two partners looking at factors that will ensure safety for the children who are already walking to school. The Indianapolis Police Department, Indianapolis Public Works Department, Indy Greenways, Federal Express, and Target round out the sponsors.

McIntire says to accommodate all the school's students in the Walk to School event, children living in neighborhoods currently without a safe route to school will be picked up by bus and transported to a central point within a half mile of the school in order to give all an opportunity to make the walk to school.

McIntire says he's looking forward to the walkability checklists that each child will submit following the walk.



*Photos by Daniel Axler*



**9/11 REMEMBERED:** In left photo, Norma Selby, Finance (left), and Linda Brown, Finance (behind and to her right), together with Jeanne Hogan, OSC (right), observe lunchtime ceremonies (above) on September 11 at the Statehouse in honor and remembrance of the victims and their families of the 9/11/2001 tragedy in New York, Washington, D.C., and Pennsylvania.



**CHANGING OF THE GUARD:** Marc LoCascio, 2002 ISDH State Employees' Community Campaign coordinator was on hand in Rice Auditorium with Jeanne Hogan, 2001 ISDH SECC coordinator, for showing of a promotional SECC video on September 16.

*Photo by David Pilbrow*



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